

Extras needed by —

mother and child



in wartime

...and how you can get them



The Ministries of Food & Health

The Government Departments responsible for food and health are determined that, whoever else in the country goes short, expectant mothers and young children (that is, holders of the green ration book R.B.2) shall have all possible food and vitamins needed for robust health. If you are an expectant mother or if you have a small child, it is your duty to take full advantage of the extra nourishment the Govern-

ment has made available. Doctors say it is essential to health.

Remember that the life of a child starts nine months before birth. For these nine months the child lives on the mother, drawing food and fluid from her tissues.



The foundation OF PHYSICAL HEALTH AND DEVELOPMENT IS LAID BEFORE BIRTH, AND THE EXPECTANT MOTHER MUST DO ALL SHE CAN FOR HER CHILD BEFORE IT IS BORN AS WELL AS AFTERWARDS.

So the mother-to-be should be sure to take not only her full share of the ordinary rations but also the extra foods, including the special vitamin supplements, provided by the Government. The "extras" are for the expectant mother and are not intended for the family pot.

The Government REGARDS THIS AS BEING SO IMPORTANT THAT VALUABLE SHIPPING SPACE HAS BEEN MADE FREE TO BRING THESE SPECIAL SUPPLIES TO THIS COUNTRY. GIVE YOUR CHILD THE BENEFIT OF THEM.



For vitamins A. B. C and D.

Before baby is born...

As an expectant mother you are entitled to these **extras**. To obtain them you should get a certificate from your doctor, midwife, or health visitor and take it to the Food Office, if you have not already done so.

You will then be given a child's green ration book, R.B.2, (in addition to your own general ration book, R.B.1). This ration book (R.B.2) will be modified to meet your special needs and you will be entitled to :—

Milk—a pint a day. You can get this free (if your income is below a certain limit) or at a reduced price under the National Milk Scheme.

And you will also get your own allowance of milk on your own ration book, but this must be paid for at the full retail price.

Eggs—Two shell eggs at each allocation. One for your R.B.2 and one for your R.B.1 ration book.

Dried Egg—3 packets at each allocation, 2 packets on the R.B.2 book and one on the R.B.1

Meat—A half ration on the R.B.2 book and the whole on your R.B.1.

Fresh Oranges—Priority on the R.B.2 book (coupons marked "O") when supplies are available.

Concentrated Orange Juice—Made from the juice of fresh oranges. Take a tablespoonful in water every day.

Fish Liver Oil (a) Vitamin A & D tablets—these are made of special concentrated oil in tablet form, rich in vitamins A & D. Take one each day ; or if you prefer take—

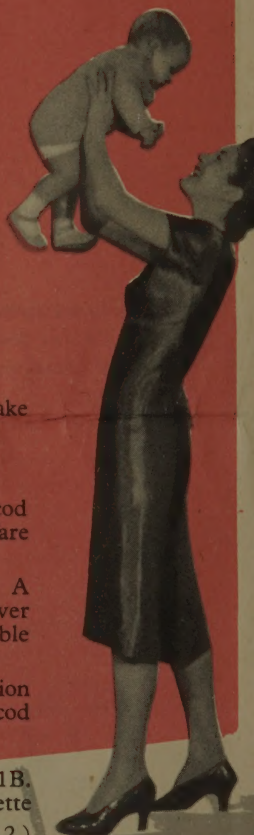
(b) **Cod Liver Oil**—one teaspoonful daily.

You can get concentrated orange juice, vitamin A & D tablets and cod liver oil from the ante-natal clinic, Maternity and Child Welfare Centre, or from the Local Food Office.

A six-ounce bottle of orange juice (equals 12 oranges) costs 5d. A packet of 45 Vitamin A & D tablets costs 10d. A bottle of cod liver oil costs 10d. If you are eligible for free milk, you are also eligible for free orange juice and cod liver oil or tablets.

Special coupon pages are provided at the back of the R.B.2 ration book for both cod liver oil and orange juice. You can use the cod liver oil coupons to obtain Vitamin A & D tablets.

★ **Clothing**—A supplementary clothing book SC.1B. This contains 60 blue coupons for use for baby's layette. The coupons in the child's green ration book (R.B.2.) must not be used until baby is born.



To mothers with children under 5

Milk is a food which contains all the essentials for growth and development. **All holders of the green Ration Book (R.B.2)** are entitled under the National Milk Scheme to seven pints of milk weekly, free, or at 2d. per pint, according to the income of the parents. Babies under two can take either liquid milk or its equivalent in National Dried Milk. (Ask at the Food Office or Welfare Centre about this.) The mother of a baby under twelve months is also entitled to seven pints of liquid milk weekly at full retail price. If she is breast-feeding the baby she should take the whole of the fourteen pints herself. If breast-feeding is not possible, or when weaning has begun, the milk should be given to the baby in amounts advised by the Doctor or the Clinic.



Eggs. All babies from six months to eighteen months old can have three eggs a week. Take your baby's ration book to the Food Office and get an authority to obtain them. Keep the dried egg for toddlers and older children; it is good for them made up into well cooked custards, omelettes or scrambled egg. The shell eggs are more digestible for baby and should be given coddled* or lightly boiled.

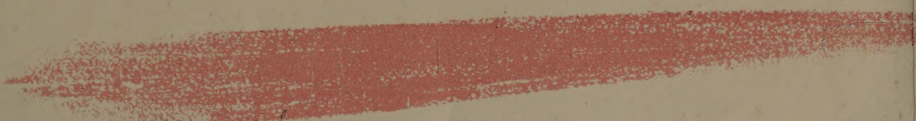
** Coddled means broken into a cup and cooked by standing the cup in a pan of boiling water for three or four minutes until the egg is set.*

Every baby from one month onwards should have **cod liver oil daily** to help it to grow into a strong, healthy child and protect it from diseases such as rickets. Do not mix either orange juice or cod liver oil with the bottle feed.

Oranges are scarce in wartime, so give your baby **concentrated orange juice**, which has been specially shipped from America to keep Britain's babies healthy. Every child from one month onwards should have fruit juice every day.

The normal dose of orange juice given to babies from one month to six months old is one teaspoonful with four to six teaspoonfuls of water twice a day. To start with a small amount diluted with a rather greater quantity of water might be given with the addition of a very little sugar.





in your area

**The Fruit Juices and Cod Liver Oil and Vitamin tablets
can be obtained from the Local Food Office or from
the following Distribution Centres**

**39, ECCLESTON STREET,
PRESCOT.**



P10374

22502670446



*Please bring back the empty bottles
when you come for your next supplies*

Mothers-to-be should attend the ante-natal clinic or their own midwife or doctor for regular examination. The doctor or midwife will tell you how often you need to come.

When baby is born

Register the birth with local Registrar of births. Then apply to your Local Food Office who will provide an identity card for the child and arrange for you to have the sugar, fats, bacon and cheese rations (but not sweets) on the R.B.2; also an extra weekly soap ration for the first year of the baby's life and a daily pint of milk on your own R.B.1.

Fill in your baby's name, address and National Registration Number on the infant's clothing book, which must not be used before this has been done—the coupons in it are to last until the end of the clothes rationing period for which it is issued.



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